



Public Health  
Prevent. Promote. Protect.  
Fond du Lac County  
Health Department

# Fond du Lac County Health Department



**Mission:** Fond du Lac County Health Department prevents disease, protects the community, and

## What's in the News?

### Warmer Weather Brings Increased Risk for Rabies Exposure

Every spring, we receive increased calls about animal bites and rabies. People may be exposed directly (contact with a stray animal, or a bat), or indirectly by their pets. Cats, dogs, bats, skunks and raccoons can all transmit rabies.

Here are ways to decrease you and your pet's risk of being exposed:

Be sure your pet's rabies vaccines are up to date. If you're not certain, check with your veterinarian. Vaccinating your pet also protects family

members from exposure. This includes pets who stay indoors (they might get out accidentally or could be exposed to bats that get in the house).

Avoid contact with stray animals and wild animals. If you are bitten or scratched, and the animal is not available for observation, you will need to complete a series of vaccines to protect you.

Direct contact between a pet and a wild animal should be considered a potential exposure to rabies, even if you do not see evidence of a bite. The rabies

virus is in the animal's saliva and can be transmitted if the saliva comes in contact with a scratch or other open wound. Consult your veterinarian to evaluate the risk and decide whether a rabies booster is in order for your pet.

Seek medical advice to assess your risk of rabies exposure along with treatment for wound management. Wash any visible wounds thoroughly with soap and water as soon as possible.

If you find a bat in your living quarters, the following link explains how to safely remove the bat: <http://www.cdc.gov/rabies/bats/contact/capture.html>. Try not to crush the head of the bat it can make it unsuitable to test.

## Women, Infants, and Children (WIC)



The Wisconsin WIC Program will be making some big changes over the next 6 months. Instead of paper checks which participants take to the grocery stores to purchase the WIC approved foods the family will be issued a WIC electronic benefits card. This will make the selection of foods more accurate and convenient for the grocery stores and WIC families. At this time Sauk County is piloting the new program with some very positive results. Fond du Lac County will implement this program in mid-August.



## Immunization News

### School-Based Clinics

The Health Department is conducting school-based clinics in April & May. Parents of 5<sup>th</sup> grade students will be offered Tdap (Tetanus, diphtheria, and acellular pertussis) vaccine, **which is required upon entry into 6<sup>th</sup> grade**. Schools will distribute information and consents to parents; the vaccine is free of charge.

We will also be giving additional doses of HPV (human papilloma virus) vaccine to students in grades 6 thru 12 who began the 3 doses series last fall. The consent signed by parents last fall is valid for any dose received this spring.

If you have questions about either vaccine, or about the status of your child's vaccine, please contact us at (920) 929-3085.



## Dental News

### Give Kids a Smile 2015



The Save a Smile program helped facilitate the 2015 Give Kids a Smile Day (GKAS) again this February. GKAS is a day of donated dental care and services. The families are not charged for their visit to the dental office. The official GKAS day was February 6<sup>th</sup>. Statistics from the event are listed below.

Children who received care	65
Dentists who volunteered	9
Registered Dental Hygienists who volunteered	12
Cleanings	53
X-rays	59
Fluoride Treatments	46
Fillings	26
Sealants	83
Extractions	2
Root Canal / Pulpotomy	2
No Show appointments	3
Dollar Value of Dentistry Provided	\$21,866*

\*This value will increase slightly as some offices offered to provide services to families for free beyond the date of the event.

### Wisconsin Dental Association – Mission of Mercy coming to town June 12-13

The Fond du Lac County Expo building at the fairgrounds will be converted into a dental clinic offering free dental care to any individuals seeking care on June 12 -13. This free dental care clinic is made possible each year by WDA and the WDA Foundation. The “Mission of Mercy” event is a viable way to open up dental access to care for individuals in need of this service.

Services can include exams, x-rays, cleanings, fillings, extractions, root canals, and partial dentures. The value of care provided exceeds \$1 million and is possible because of 1,000 plus volunteers that generously give their time and talent to help adults and children in need of this care.

Volunteers of all skill levels are needed for this event. Dental experience is not necessary. You can register to become a volunteer online: <http://www.rsvpbook.com/event.php?447795> or go to [www.wda.org](http://www.wda.org) and look for links to volunteer.

The America’s Dentists Care Foundation launched the first Mission of Mercy in Virginia in 2000. Today, MOM events are held nationwide. Since 2009, the WDA and WDA Foundation Mission of Mercy dental program has treated more than 11,300 patients, resulting in at least \$5.8 million in donated services.

WDA Mission of Mercy events focus on three key areas:

- 1. Providing critical dental care** with a priority on treating patients in pain and with infections.
- 2. Raising greater public awareness** of the barriers related to dental care faced by lower-income households.
- 3. Encouraging** policymakers, dental professionals and consumers to improve the oral health of Wisconsin consumers, which now includes Fond du Lac County.



## Maternal Child Health News

Q: Since I became pregnant, my breasts, rear end and even my feet have grown.

Is there anything that gets smaller during pregnancy?

A: Yes, your bladder.

Q: Do I have to have a baby shower?

A: Not if you change the baby's diaper very quickly.

The staff in the MCH department are available and happy to answer these questions and more. We offer programs that will assist, support and walk with you through your pregnancy and the early years of parenting. We offer FREE home visits prior to and after delivery, and as your care coordinator we will link you to any community services you may benefit from. We just completed a new booklet listing websites, apps and other links to information to assist in your pregnancy.

If you qualify for Badger Care you may be eligible for our pregnancy and/or parenting program. Simply call us at 920-929-3085 and we will get you started.

Healthiest Nation 2030

April 6-12, 2015



National  
Public Health  
Week [www.nphw.org](http://www.nphw.org)

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION



The Fond du Lac County Health Department will be celebrating National Public Health week! Like us on Facebook for daily posts about the national and local effort to improve our nation's health!!



“like” us on  
facebook

## Tobacco News

### 5 Counties for Tobacco-Free Living

*Fond du Lac ~Green Lake ~ Marquette ~*

*Washington & Waushara Counties*

**Mission** – *Creating nicotine and tobacco-free environments in which we live, work, and play while promoting healthy lifestyles through education, advocacy, policy, and helping people quit tobacco.*

Prevents youth from starting

Reduces exposure to secondhand smoke

Tackles health disparities

Helps people quit tobacco

#### **Successes:**

Reducing the adult smoking rate from 20% to 18% is saving Wisconsin an estimated \$1.7 billion in health care expenditures.

The 2014 WI Youth Tobacco Survey shows a continual decline in high school cigarette smoking rates. The rate is now 10.7% in 2014, down from 20.7% in 2008.

Tobacco sales to Wisconsin minors have fallen from 7.3% in 2013 to 6.4% in 2014.

#### **Challenges:**

New products lure new customers every year to start smoking and/or use smokeless tobacco.

9.7% of high school students currently use chewing tobacco, snuff, or dip. A 67% increase since 2012. (2012 rate: 5.8%)

7.9% of Wisconsin high school students have used e-cigarettes. (National YTS 2013 average: 4.5%)

The Quit Line isn't able to meet the demand of all the smokers who want to quit.

#### **Health Care Costs and Funding:**

\$528 is the estimated yearly health care cost of cigarette smoking for every man, woman, and child in Wisconsin.

Wisconsin invests less than \$1 a person in tobacco prevention.

If Wisconsin invested the recommended \$10 a person, over 30,000 fewer Wisconsin kids would grow up to become addicted adult smokers and \$77 million in Medicaid healthcare costs would be saved.

The revenue collected from cigarette taxes in Wisconsin in one year could fund tobacco prevention at the recommended level of funding for 11 years.

**To find out more about tobacco prevention and control visit:**



## Environmental News

Spring is perfect time to test your private well for bacteria and nitrate levels. It's a very easy test – kits are available at the **Health Dept** - \$40 will get both tests.

Private water well owners can make a difference in their water quality by how they manage their well systems. People whose household water comes from public water systems can also make a difference in groundwater quality by how they store, use, and dispose of hazardous household substances, or how well they maintain their septic systems.

Residents can learn about the quality of drinking water through Public Water Supply Consumer Confidence Reports, or by testing their private wells. Information on accessing Consumer Confidence Reports or submitting private well water samples to a laboratory can be found on the Department of Natural Resources (DNR) website.

Understanding your drinking water quality enables you to take action to protect groundwater against contamination:

For those with private wells:

- ☐ Have your well system professionally inspected annually.
- ☐ Have your water tested for bacteria and nitrates annually.
- ☐ Remove possible contamination sources away from your wellhead.
- ☐ Be current on the cleaning and inspection of your septic system.
- ☐ Properly decommission any abandoned wells using a licensed professional.
- ☐ Join DNR's March 24th Chat on Private Wells by going to [dnr.wi.gov](http://dnr.wi.gov)



## Emergency Preparedness

### Flooding is a real threat in our area.



If you experienced damage in past floods (pictured), think about what types of mitigation can be done to prevent that damage again. If items in your home do get flooded prevent mold and remove wet contents immediately. Wet carpeting, furniture, bedding, and any other items holding moisture or water inside the building can develop mold within 24 to 48 hours.

Visit <http://www.ready.gov/floods> for more flood readiness information.

Visit the American Red Cross website to get mobile apps that can help you prepare and respond for all emergencies, including finding shelters in your area: <http://www.redcross.org/prepare/mobile-apps>.



City/County Government Center 160 S. Macy Street, 3rd floor, Fond du Lac WI—(920) 929-3085 [www.fdlco.wi.gov](http://www.fdlco.wi.gov)



## Preventing a Fall

Every year, many older Americans fall in their home. More than 2.3 million of the individuals that have fallen are treated in emergency rooms, over 650,000 are hospitalized and more than 20,000 die due to injuries from the falls. Locally, in Fond du Lac, 17% of all traumatic injuries in people 65 plus were found to be due to falls.

Often falls are due to hazards in your home that can be fixed. Following are ideas and a check list of how to make your home safer.

### Floors:

- ✓ Remove throw rugs, or apply non-slip backing, so they are not a tripping hazard
- ✓ Move furniture and clutter so you do not need to walk around furniture and items, such as papers, books, shoes, boxes etc. Keep objects off the floor
- ✓ Tape cords or wires from lamps, telephones etc. so you cannot trip over them



### Stairs:

- ✓ Keep objects such as shoes, papers, books off the stairs
- ✓ Make sure the stairs are not broken or uneven
- ✓ Check that to see if light bulbs are working and make a light switch at both the top and bottom of the stairs
- ✓ Look at the carpet to ensure that it is not loose or torn and handrails are not loose or broken

### Kitchens:

- ✓ Move items that you use to low shelves
- ✓ Use only a sturdy step stool

### Bathroom:

- ✓ Use a non-slip rubber mat or self-stick strips on the floor of the tub or shower
- ✓ Install grab bars inside the tub and next to the toilet.
- ✓ Purchase a toilet riser

### Bedrooms:

- ✓ Place a lamp near your bed
- ✓ Put a night light between your bedroom and bathroom or the path to your bedroom and bathroom is not dark.

Other tips to prevent falls are to: have your vision checked yearly, improve the lighting in your home with brighter bulbs, have your doctor review your medications to make sure none of them are making you sleepy or dizzy, wear shoes both inside and outside the house and exercise regularly. Exercise makes you stronger and improves your balance. The ADRC of Fond du Lac County offers Stepping on Classes to help people over 65 reduce their risk of falls. These classes meet two hours a week for seven weeks and are free of charge. For more information you can contact the ADRC at 929-3466. You may also call the ADRC if you have had a fall and would like a social worker or nurse to visit you to do an assessment of your fall risk and possibly decrease your possibility of future falls.

